



pick up a leaflet.

If you like this walk and want to tell us about it or have an idea for a new route then please contact us by emailing prowalk@nelincs.gov.uk or To find other walks in this series please visit www.nelincs.gov.uk

At the start of your walk make sure you start off slowly, getting warmed up before you gradually increase your pace. Towards the end of your walk gradually slow your pace to cool down.

If you're new to walking then build up slowly, try short trips to the shops or to see friends and gradually build up to longer walks. To get the most benefits, your walk needs to be at a brisk pace, that pace will be different for everyone but as a guide you should be walking fast enough to raise your heart rate and be slightly out of breath.

Walking is a great activity for just about anyone irrespective of their age or level of fitness, as well as getting you from A to B, regularly getting out and about is an ideal way of becoming more active helping to reduce the risk of chronic illnesses such as heart disease, type 2 diabetes, asthma and stroke. A good walk also improves the strength and flexibility of your joints, boosts your immune system and improves your mood. It's also a great way of discovering your local area and the countryside on your doorstep with friends and family.

Put your best foot forward

Bradley Barnoldby Loop

5¼ miles (8½km)

Before setting off

- Make sure that you've got appropriate footwear for your walk
- Check the weather before leaving your house and dress accordingly
- Check that the walk is suitable for you and your party. If in any doubt then contact the PRoW team for more details
- Let a friend or relative know where you are planning to walk especially if you are off out exploring by yourself
- Make sure that you've got your mobile phone and that it's got plenty of battery left

When out walking remember to follow the Countryside Code

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and stay on the line of the paths
- Leave no trace of your visit and take your litter home
- Keep dogs under effective control
- Plan ahead and be prepared
- Follow advice and local signs



When you're out walking in the countryside, please respect the Countryside Code.

www.systematicprint.com

For more information please contact:
Public Rights of Way Team
2 Origin Way | Europarc | Grimsby | North East Lincolnshire | DN37 9TZ
T 01472 324500 | E prowalk@nelincs.gov.uk | www.nelincs.gov.uk



Challenging



Suitable for walkers with dogs



Refreshments available



This is a great walk to get out and discover the countryside right on your doorstep. The start of the walk is in the picturesque Bradley Woods, there is ample car parking and the site is easily accessible off Bradley Road.

Locally the area is reportedly the home of the "Black Lady of the Woods", the legend is believed to stem from generations of parents warning their children not to venture into the woods in case the Black Lady gets you!

Roughly halfway around the walk you'll come to the village of Barnoldby-le-Beck, this walk takes you past St Helen's Church. Over the ages this Norman structure has been significantly restored and renovated, small parts of the original building still remain as do examples of medieval glass in the church windows. The church is now recognised as a Grade 1 listed building. There is also an opportunity to stop off at The Ship Inn for a drink and something to eat.

On leaving Barnoldby you head north along the network of footpaths and bridleways passing Laceby Manor Golf Course before heading back through the woods to the finish of the walk.

Bradley Barnoldby Loop





Bradley Barnoldby Loop

5¼ miles (8½km)

- 1 From the car park continue along the road into the woods passing alongside the green metal gates
- 2 At the playing area turn left along the bridleway and continue out of the woods along the field edge
- 3 Ignore the path on the right and continue straight ahead
- 4 Ignore the path on the left and continue straight ahead through the metal barrier
- 5 As you cross the drain the path turns sharp right then immediately left. Ignore the path off to the right and follow the waymarker south to Barnoldby
- 6 You may spot rare breed sheep at Glebe Farm
- 7 Follow the track into the village passing the Obelisk and continuing straight ahead. Take care along the road to meet with the busy Main Road
- 8 Turn right onto Main Road. Refreshments may be available at The Ship Inn public house
- 9 Turn right at the Footpath sign post and follow the track north towards and through woodland
- 10 On emerging from the woodland look out for the waymarker at the stone track indicating the path north across an arable field to a bridge
- 11 Cross the bridge and follow the direction of the waymarker across the arable field
- 12 At the junction with the stone track turn right following the direction of the waymarker alongside the golf course
- 13 At the first 3 way signpost continue straight ahead taking care through the farm yard
- 14 At the second 3 way signpost turn right along the tarmac road
- 15 Ignore the path on the right and the left
- 16 Look out for a path crossing the tarmac road with 2 way sign posts either side of the road. Turn right here and continue along the ditch side
- 17 Cross the bridge and continue along the ditch side
- 18 Turn right at the junction with the track and head towards the woods then turn left at the waymarker following the outer edge of the woods
- 19 Turn right at the 3 way sign post into the woods and back to the start